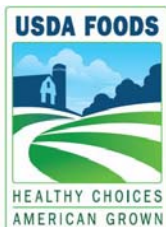


USDA Foods Product Information Sheet

For Child Nutrition Programs



100381—Beans, Great Northern, Dry

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is grade U.S. No. 1 dry great northern beans in 25 pound bulk bags.

CREDITING/YIELD

- One 25 pound bag of dry beans provides about 318 ½-cup servings of cooked great northern beans.
- CN Crediting: ½ cup cooked great northern beans credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Great northern beans are a versatile white bean that can be used in a variety of hot or cold dishes.
- Use great northern beans in protein-rich dishes such as white chili, barbeque baked beans, or ham and beans.
- Soak dry beans overnight for best cooking results.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (89 g) great northern beans, cooked, boiled, without salt

Amount Per Serving

Calories 104

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 19g

Dietary Fiber 6g

Sugars —

Protein 7g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.